

Thrower's Warm-Up

2 x 20 meters	Forward Skip w/arm swing
2 x 20 meters	Lateral Shuffle w/arm swing
2 x 20 meters	Lateral Crossover
30 Seconds	Hip/Trunk Rotations
2 x 20 meters	Walking Lunge w/twist
2 x 20 meters	Walking Pillar Dips
20 Seconds Each	Lateral Leg Swings on Fence
20 Seconds Each	Linear Leg Swings on Fence
20 Seconds Each	Arm Pull Across Chest
20 Seconds Each	Arm Pull Overhead
20 Seconds Each	Extended Arm Stretch